



G's Goddess Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup roasted almonds salted plus more for garnish roughly chopped
- 2 tablespoons basil roughly chopped
- 0.5 cup buttermilk
- 2 tablespoons champagne vinegar
- 1 cup cherry tomatoes cut in 1/2
- 0.3 cup feta crumbled
- 2 tablespoons flat-leaf parsley roughly chopped
- 1 clove garlic roughly chopped

- 2 hearts of romaine chopped
- 0.5 juice of lemon
- 4 servings kosher salt and pepper black freshly ground
- 1 small shallots roughly chopped
- 0.5 cup cup heavy whipping cream light sour
- 2 tablespoons tarragon roughly chopped

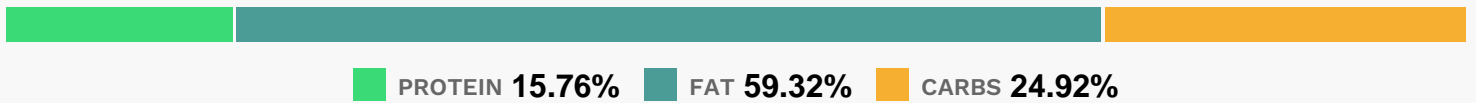
Equipment

- food processor
- bowl
- blender

Directions

- In a large salad bowl, toss lettuce, cherry tomatoes, and almonds.
- Drizzle with the Green Goddess Dressing and season with salt, pepper, and then toss again.
- Serve on plates and top with more almonds and a sprinkling of feta.
- Add the parsley, tarragon, basil, shallot, garlic, buttermilk, light sour cream, vinegar, and lemon juice to a blender or food processor and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:23.533043736997%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin:

0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 221.74kcal (11.09%), Fat: 15.48g (23.82%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 10.36g (3.77%), Sugar: 4.52g (5.02%), Cholesterol: 21.71mg (7.24%), Sodium: 175.9mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.51%), Vitamin A: 5656.16IU (113.12%), Vitamin K: 96.53µg (91.94%), Manganese: 0.88mg (44%), Vitamin E: 5.01mg (33.43%), Folate: 113.43µg (28.36%), Vitamin B2: 0.47mg (27.5%), Calcium: 241.27mg (24.13%), Vitamin C: 17.82mg (21.61%), Phosphorus: 209.5mg (20.95%), Magnesium: 83.16mg (20.79%), Potassium: 610.78mg (17.45%), Fiber: 4.27g (17.1%), Iron: 2.97mg (16.53%), Copper: 0.3mg (14.76%), Vitamin B6: 0.27mg (13.63%), Vitamin B1: 0.15mg (9.86%), Zinc: 1.47mg (9.82%), Vitamin B3: 1.53mg (7.66%), Selenium: 4.9µg (7%), Vitamin B12: 0.42µg (6.95%), Vitamin B5: 0.46mg (4.56%), Vitamin D: 0.49µg (3.23%)